

MINDFUL COMMUNICATION

Recommendations for developing mindful,
experience-sharing communication

**COMMUNICATE IN A
MANNER THAT
PROMOTES
THINKING**

Assess whether your communication style encourages active thought or passive reaction.

Observe your natural communicative pace to make sure that you are providing sufficient time for even the weakest communicators to think about what you are saying and respond in a thoughtful manner.

**DETERMINE
WHETHER AND HOW
YOU MAY BE
UNCONSCIOUSLY
TAKING TOO MUCH
COMMUNICATIVE
RESPONSIBILITY.**

Assess whether you are unwittingly accepting attempts by the child to control the communication environment.

Learn to distinguish between reciprocal 'influence' and unilateral control.

**USE PRIMARILY
NON-VERBAL
CHANNELS OF
COMMUNICATION.**

Evaluate the extent to which language monopolizes and/or dominates your communication, as opposed to other non-verbal channels.

Work on developing the habit of reversing language/non-verbal dominance. Learn how much and influence you can have without words.

**EMPLOY LANGUAGE
SPARINGLY,
EFFICIENTLY & IN AN
INTEGRATED
MANNER WITH
OTHER CHANNELS.**

Become aware of your typical language 'quantity'. Quantity just creates more processing demands that take away from the central 'work' of experience-sharing.

Substitute thoughtfulness for quantity.

**COMMUNICATE TO
INVITE THE STUDENT
TO SHARE SIMPLE
HERE-AND-NOW
EXPERIENCES.**

Determine if your communication style contains implicit communicative or performance demands.

Remove implicit response or performance demands from communication. For example, learn to ask questions that reflect your curiosity without communicating that the Student provide any 'right' or 'wrong' response.